

# FORGING THE FUTURE:



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## Friday FACTS

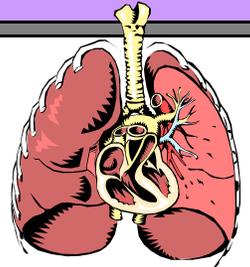
19 October 2001

"Leadership, Partnership, and Championship"

### Healthy Lung Month

The American Lung Association Health House project offers the following tips on how to breath easier during the holiday season and throughout the year:

1. Prohibit smoking in the home.
2. Use plastic or wooden window shades that can be easily cleaned. Bathe and groom your pets often. Place allergen-resistant covers over mattresses and pillows.
3. Install and use exhaust fans in kitchens and bathrooms that are vented to the outdoors.
4. Use a high efficiency furnace filter, such as a Filtrete filter from 3M. These filters can be up to 30 times more effective than standard fiberglass filters at capturing pet dander and other allergens. Remember to change your furnace filter regularly — ideally every two to three months.
5. Mold can be found in the soil of houseplants, so check them often. If mold growth is evident, the plant may need to be re-potted.
6. Install a carbon monoxide detector, check it regularly, and make sure all fuel-burning appliances, such as the furnace, hot water heater and gas range, are in working order and receive annual professional maintenance checks.
7. Never store more than a few pieces of firewood indoors. Storing firewood indoors can release harmful contaminants into the home.



**WELCOME NEW STAFF**

NEHC HP is excited to announce the addition of a new staff member and the re-appearance of another. Ms. Lori Tubbs, R.D. is our newest staff member. Lori comes to us from NMC, Portsmouth, VA where she has been a health educator for the past 3 years. In addition to being a Registered Dietician, Lori holds a B.S. in Physical Education and a M.S. in Health Sciences. Lori's particular area of interest is Sports Nutrition. The position she fills was previously held by Mary Kay Solera. Please contact Lori at <mailto:tubbsl@nehc.med.navy.mil> or DSN 253-5585 COM 757-462-5585.

CDR Betty Kole, NC, USNR has returned to us for another ADSW (180 Days) to continue her work with Reserve Health Promotion. As before, CDR Kole can be reached at <mailto:koleb@nehc.med.navy.mil> or prefixes same as above with last 4 of 5418.

"To laugh often and much; to win the respect of intelligent people and the affection of children... to leave the world a better place... to know even one life has breathed easier because you have lived. This is to have succeeded."

- Ralph Waldo Emerson, poet  
(1803-1882)